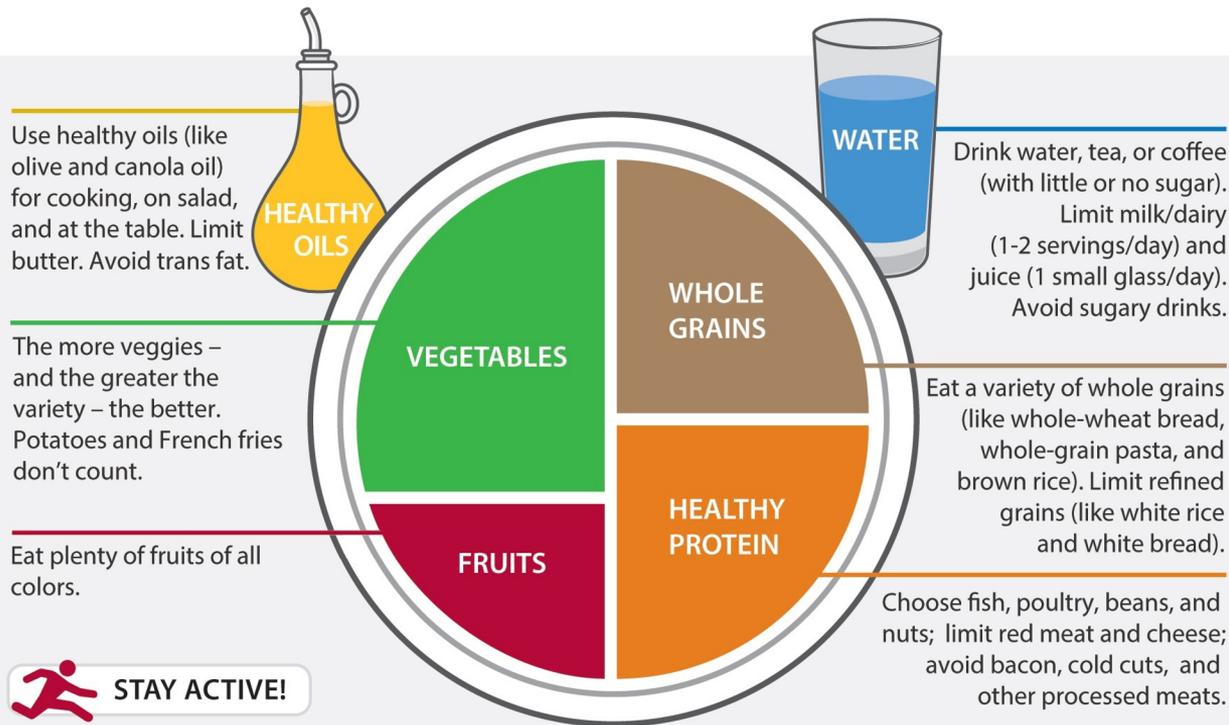


Lesson 12

Why We Eat What We Eat



HEALTHY EATING PLATE



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How do typical American diets compare to U.S. dietary guidelines?

